

Pork Chops w/Celery Sauce 25

Number of Servings: 25 (149.83 g per serving)

Amount	Measure	Ingredient
6.00	lb	Pork, chop, center cut, 4 oz pce, FS
1 1/3	cup	Water, tap, municipal
25.00	oz	Soup, cream of celery, cond, cnd

Nutrients per serving

Nutrition Facts	
Serving Size (150g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 270mg	11%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 24g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

4 oz chops with bone AP will = ~2 1/2- 3 oz EP when cooked

*Bake trimmed pork chops in single layer on sheet pans at 350 degrees F for 45 minutes, covered with foil.

*Drain off any drippings and pour celery soup mixed with water over pork chops (can be layered in pans) and recover with foil. Continue baking at 350 degrees F for another 1 1/2 hours or more until tender and internal temperature reaches 165 degrees or more.

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Notes

* Healthy Request Cream of Celery soup is about 1/2 the amount of sodium as regular cream of celery soup. A way to decrease sodium intake.